

Hector Parra

Lead Line Cook / Kitchen MGR

Jersey City, NJ 07305

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Goal oriented professional seeking career growth and achievement in Food Service and Hospitality.
Also willing to experience in new fields such as retail, sales and management.

#readytowork

Willing to relocate: Anywhere

Authorized to work in the US for any employer

Work Experience

FOH/BOH Manager

Curry Up Now - Hoboken, NJ

March 2021 to January 2022

- Inventory
- POS
- Prep
- Maintained proper food storage and temperature control
- Catered special events and parties
- Place food and paper orders as needed
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Lead Line Cook

String & Splinter - High Point, NC

2018 to 2020

- Prepared and cooked foods for members of a private city/country club.
- Created weekly-evening menus.
- Catered special events and parties.
- Maintained proper food storage and temperature control.

Lead Line Cook / Kitchen MGR

Pier A Harbor House - New York, NY

2014 to 2018

- Maintain food costs and created menu items.
- Took Inventory of all food items. Ordered necessary Produce, Dairy and Proteins.
- Prepared and cooked for a very busy bar / lounge.
- Produced first, second and third course meals and desserts. All stations.
- Catered weddings, business parties, meetings and large events.

Mass Production Cook

Holy Name Medical Center - Teaneck, NJ

2011 to 2014

- Prepared and cooked for two cafeterias, patients, visitors, and staff in the hospital.
- Catered meetings and large events for the hospital.
- Cleaned and maintained station while practicing good safety, sanitation, and organization.

Line Cook / Mass Production Cook

Hyatt Regency On The Hudson - Jersey City, NJ

2004 to 2011

- Line cook for a very busy four star restaurant and bar/lounge.
- Produced first, second and third course meals and desserts.
- Worked pantry, hot grill, and sauté stations of restaurant kitchen.
- Catered weddings, business parties, meetings and large events.

Education

High School Diploma

James J Ferris HS - Jersey City, NJ

1996 to 2000

Skills

- chef (5 years)
- cooking (10+ years)
- Kitchen (10+ years)
- Kitchen Staff (10+ years)
- Culinary (10+ years)
- Experienced (10+ years)
- Saute (10+ years)
- Busser (3 years)
- Line cook
- Knife skills
- POS
- Management
- Baking
- Team Player
- training
- Sales Experience
- Kitchen Experience
- Restaurant Experience
- Banquet Experience
- Catering
- Food Preparation

- Host/Hostess
- Kitchen Management Experience
- Merchandising
- Retail Sales
- Food Safety
- Food Production
- Menu Planning
- Inventory Control
- Restaurant management
- Supervising experience
- Food service
- Guest services
- Cleaning
- Serving
- Stocking
- Meal Preparation
- Sanitation

Certifications and Licenses

ServSafe Food Handler

April 2020 to April 2023

Certificate of Achievement

ServSafe Food Protection Manager

January 2022 to January 2027

Certificate of Achievement

Food Handler Certification

Additional Information

Skills

- Follow recipes, portion controls, and presentation specifications set by the chef
- Keeping proper temperatures of hot/cold foods
- Work great under pressure
- Understand how to use and maintain all equipment in station and kitchen properly
- Bilingual - Spanish (Fluent)
- Basic understanding of professional cooking and knife handling skills